

LYNN COUNCIL ON AGING SENIOR CENTER



APRIL 2012

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

April! April is the well awaited month that really makes you think that spring is really here! The temperature is warming up. Soon, chirping birds, budding flowers, green on the trees... and everybody will be singing. Time to get out! Learn something new- Want to know what I learned? It's about Shampoo...I never knew this. It involves shampoo when it runs down your body in the shower. I should have figured this out earlier! I use shampoo in the shower and when I wash my hair it runs down my whole body. Printed clearly on the label is this warning, "FOR EXTRA VOLUME and BODY". No wonder I've been gaining weight! (I thought the whole time it was the dryer shrinking my clothes!) Well get rid of your shampoo and use Dawn Dish Soap. Its label reads, "DISSOLVES FAT THAT OTHERWISE DIFFICULT TO REMOVE".

**Keep smiling,
~ Stacey Minchello**

From Your Mayor

I hope you are beginning to enjoy these warmer spring days.

This month promises to be an active one. Pat Benatar will perform at the Lynn Auditorium on April 19, and tickets, ranging from \$39 to \$69, are expected to sell out. The four-time Grammy Award winner had her greatest success in the late '70s and early '80s with hits such as "Heartbreaker," "Hit Me with Your Best Shot," "Love Is a Battlefield" and "We Belong." She will perform alongside her husband and lead guitarist, Neil Giraldo. The upcoming concert is the only Massachusetts date for her tour. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

Looking ahead to May, "Menopause the Musical" is another show at the Lynn Auditorium not to be missed. The performance will be held on May 3 at 8 p.m.

On April 24, Lynn Council on Aging will be hosting a Senior Prom from 5-8 p.m., featuring dancing, food and a good time. I hope you all will be able to attend.

Also this month, the art work of our city's students will be on display at LynnArts. While there, I encourage you to stop in to 25 Exchange, the new year-round shop at LynnArts, featuring one-of-a-kind gifts by local artists and craftsman.

For those of you observing Easter, Greek Easter, Passover or any other religious holiday, I wish you happy and healthy celebrations with your families.


Be well,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello, Director
Rosa Paulino-Diaz, Assistant
Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

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Meets last
Thursday
monthly at 10 am

BE AWARE! BE SMART!

As soon as someone knocks on your door, or you hear your door bell ring, put your guard up! Seniors are being targeted at home. Visitors that come to the door claim they are from the senior center checking on you, or with the gas or electric company to check your meter and they are not! Do not let them in until you see an id badge. They may even try to trick you by using a name that's familiar to you. Even if they say they're from GLSS or the senior center-ask for proof. If it doesn't feel right, follow your gut. Absolutely do not let a stranger use your bathroom. Landscapers or contractors pose as helpful offering services then after winning you over ask to use the bathroom. Using the bathroom buys them time to scoop up valuables when you're not looking. Please inform the senior center of all scams and or suspicious activity so we may stay in close contact with the Lynn Police Department and the Essex County Sheriff's Office to get the word out.

April Happenings

Mon, April 2	Lunch Trip: Five Guys Cheeseburgers	\$2	11:00 a.m. – 1:00 p.m.
Tues, April 3	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
Tues, April 3	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Weds, April 4	FOOD STAMPS		9:00 a.m. – 3:00 p.m.
Weds, April 4	<i>Strength & Balance Exercise Class</i>		<i>11:30 am - 12:15 pm</i>
Thurs, April 5	TRIAD safety for seniors meeting at <u>St. Stephen's Tower</u>		10:00 am – 11:00 a.m.
Thurs, April 5	Take Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, April 6	<i>Strength & Balance Exercise Class</i>		<i>11:30 am - 12:15 pm</i>
Tues, April 10	Blood Sugar Clinic “Lucy Booth” Open! Nurse available for your questions.		8:00 a.m. – 9:30 a.m.
Tues, April 10	<u>NEW CLUB!</u> Photo Association Photography enthusiasts meet to discuss ideas and possibilities		10 am library side
Weds, April 11	<i>Strength & Balance Exercise Class</i>	\$5	<i>11:30 a.m. – 12:15 p.m.</i>
Thurs, April 12	“POA Directives” Game Room Sponsored by Matt Karr, Attorney at Law		9:30 am Heritage La
Thurs, April 12	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, April 13	<i>Strength & Balance Exercise Class</i>		<i>11:30 am - 12:15 pm</i>
Fri, April 13	RED SOX OPENING DAY		12 noon
	Game Room (Hot dogs/soda/chips)	\$2	Center closes at 4pm
Fri, April 13	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, April 16	Patriots Day		Center is closed
Tues, April 17	FOXWOODS CASINO	\$25	7:00 am—6:30 pm
	\$10 Food or Buffet \$10 Bet		
Weds, April 18	<i>Strength & Balance Exercise Class</i>	\$5	<i>11:30 a.m. – 12:15 p.m.</i>
Thurs, April 19	Topsfield: North Shore Health Fair FREE LUNCH—Lots of Giveaways	\$2	9:30 a.m. – 12:30 a.m.
Thurs, April 19	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Thurs, April 19	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, April 20	Lunch Trip: Imperial Buffet- Lynngate	\$2	11:00 a.m. – 1:00 p.m.
Fri, April 20	<i>Strength & Balance Exercise Class</i>	\$5	<i>11:30 a.m. – 12:15 p.m.</i>
Fri, April 21	Boston Food Bank: <u>Brown Bag</u>		10:00 am – 12:30 pm
Tues, April 24	Blood Pressure Clinic “Lucy Booth” Open! Nurse available for your questions.		8:00 a.m. – 9:30 a.m.
Tues, April 24	Mayor's Senior Prom This is a ticketed event-limited seating-live entertainment-food-50/50		5:00 p.m. – 8:00 p.m.
Weds, April 25	<i>Strength & Balance Exercise Class</i>	\$5	<i>11:30 a.m. – 12:15 p.m.</i>
Thurs, April 25	FRIENDS OF LCOA Meeting 1 st floor board room (new members welcome)		10:00 a.m. – 11:00 a.m.
Thurs, April 26	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, April 26	Lunch Trip: Jimmy's Steak House Saugus	\$2	11:15 a.m. – 1:15 p.m.
Thurs, April 26	Free Portraits by Irena Jankowska By appointments only- 15 minutes	Quiet room	12:00 p.m. – 2:00 p.m.
Fri, April 27	<i>Strength & Balance Exercise Class</i>	\$5	<i>11:30 a.m. – 12:15 p.m.</i>
Fri, April 27	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, April 30	Women's Group Meeting		11 am
Mon, April 30	Lunch Trip: Bertucci's Swampscott	\$2	11:15 a.m. – 1:15 p.m.

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APRIL 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti/Meatball Zucchini & Red Pepper Chilled Pineapple ALTERNATIVE Omelet/Cheese Sauce Whipped Potato	3 Potato Leek Soup Tyson Chicken Tarragon Country Blend Veggies Fresh Fruit ALTERNATIVE Spanish Sheppard's Pie	4 Beef Stew Stew Veggies/ Diced Potatoes Gingerbread/Topping ALTERNATIVE Sweet & Sour Chicken Tenders Peas & Onion	5 Hot Dog/ Roll Veggie Baked Beans Cole Slaw Jell-o w/Topping ALTERNATIVE Beef Strip Steak/Gravy	6 Potato Crunch Fish/ Sauce O'Brien Potatoes Italian Green Beans Chilled Fruit ALTERNATIVE Chicken Paprika
9 Lasagna/Meat sauce Roman Blend Veggie Chilled Fruit ALTERNATIVE Mushroom Quiche Whipped Potato	10 Pulled Pork Sandwich/ BBQ Sauce Sweet Potato Fiesta Veggies Fresh Fruit ALTERNATIVE Hot Chicken Patty/ Roll	11 Chicken Scaloppini Lyonnaise Potato Tuscan Veggies Pudding ALTERNATIVE Salisbury Steak/Gravy	12 Minestrone Soup Sliced Turkey/ WW Pita Tossed Salad Cherry Turnover ALTERNATIVE Tuna Salad/WW Pita	13 Swedish Meatballs/ Gravy Whipped Potato Beets Chilled Fruit ALTERNATIVE Haitian Turkey
16 Holiday No Meal Service	17 Beef Veggie Soup Chix Leg Quarter/Orange Sauce Italian Roasted Potato Chilled fruit ALTERNATIVE Spanish Beef/Yellow Rice	18 Turkey Supreme Polenta Parm/Cran Sauce Peas & Onions Mandarin Oranges ALTERNATIVE Rib-B-Q/Gravy	19 Veal Cacciatore Steamed Rice Italian Green Beans Fresh Fruit ALTERNATIVE Cajun Chicken	20 SPRING SPECIAL Hamburger/Roll Tomato/Lettuce/Cheese Potato Salad/ Pickle Corn Warm Apple Cobbler
23 Fiesta Fish/Dill sauce Cheddar Whipped Potato Green & Golden Beans Chilled Fruit ALTERNATIVE WW Stuffed Shell	24 Greek Chicken/Lemon Rice Carrots Dinner Roll Pudding ALTERNATIVE Liver & Onions/Gravy	25 Pot Roast/Gravy Baked Potato/Sour Cream Butternut Squash Fresh Fruit ALTERNATIVE Veggie Quiche	26 Cream of Broccoli Soup California Chix Salad/WW Pita Tossed Salad Chilled Fruit ALTERNATIVE Egg Salad/WW Pita	27 Meatloaf/Mushroom Gravy/ Collard Greens Delmonico Potato Cake ALTERNATIVE Spanish Chix
30 Tyson Chicken Bruschetta Whipped Potato Jardinere Veggie Cookie ALTERNATIVE Meatballs/Gravy				

SENIOR CENTER ACTIVITIES • APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: WORD	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER CLASS: INTERNET	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	12:45—1:45 Line Dancing Zumba	1:15-2:45 BINGO
1:15-2:45 BINGO		1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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April 17th

\$25

7 am - 6:30 pm

Mohegan Sun

May 15th

\$25

7 am - 6:30 pm

Save the Date! June 12th "Mohegan Sun & The Hit Men"

\$75 includes bus, food credit, Free bet and show!

Leaves Lynn Senior Center at 7am

Spend first stop at Mohegan

Garde Arts Theatre for

"THE HIT MEN"

Franki Valli and the 4 Seasons, Tommy James &

The Shondells, The Critters and more.

Some of the original singers on stage!

Seating is assigned in order of payment! Sign up soon. Final

payments must be in by May 7th.

Since this is a ticket event- no refunds after May 11th.

Cooking for #1

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.

Register for the next session!

****PLEASE NOTE TIME CHANGES****

- #1 Friday, May 4 3pm - 4pm
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, May 11 1pm - 3 pm
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3 Friday, May 18 3:30 pm - 5 pm
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, May 25 3pm - 4pm
Questions and Answers classroom review

Please RSVP to Kristi at 781-586-8618.

****Participants must be aware - This class will be taped for cable TV. Consent forms required.****



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

April 4	Bad News Bears	PG	1976
April 11	Moneyball	PG-13	2011
April 18	Big Sleep	NR	1946
April 25	Three Coins in a Fountain	NR	1954

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



RAFFLE! RAFFLE!

\$1.00 per chance or 6 for \$5.00

1st prize iPad2

2nd prize \$100

3rd prize \$50

**Sponsored by
the FRIENDS of LCOA**

Drawing to be held July 3, 2012

NEW! Photography Association

Brand new idea-looking for camera enthusiasts, beginners to advanced, to start a photography group.

Info meeting: Tuesday, April 10th at 10 am Senior Center- carpet side in front of library.

What about travelling to places to shoot photos? Then we can edit, print and display photos. Share ideas and techniques. Bring your ideas!



City of Lynn Mayor's Senior Prom



**Tuesday, April 24 (5pm – 8pm)
Lynn Senior Center**

Tickets available April 3rd at 10 am.
Must show senior center swipe card.



While supplies last. No phone calls- one ticket per person.
Come spend a fun night with the Mayor at your senior center.

Dance to music that brings back memories! Free event!

Transportation available according to scheduled stops and times.

Call Kristi- 781-586-8618 to reserve a ride on the shuttle.

Dress comfortably- Prom attire not mandatory- All welcome!

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WELLNESS WATCH

Arthritis and You

The word *arthritis* refers to more than 100 different diseases. Arthritis can affect people of all ages. The most common types are rheumatoid arthritis and osteoarthritis.

Warning signs may include pain, swelling, stiffness, or problems moving one or more joints lasting for more than two weeks. Talk with your doctor. It is important to find out exactly what type of arthritis you have. Early treatment of the specific kind of arthritis helps to limit the affects of the disease.

Depending on the type of arthritis, the disease may be chronic or on-going. Although there may be no cure, much can be done to lessen the affects of the disease. Medicine and various therapies can reduce pain and promote easier movement of joints. Just as important is what you can do to learn skills and activities that will keep you doing the things you like to do. Exercise, relaxation techniques, healthy eating, and problem solving skills can make it possible to live well with arthritis. There are many resources available.

The Massachusetts Chapter of the Arthritis Foundation can be reached through www.arthritis.org or 1-800-766-9449. Information about all types of arthritis, free and low-cost booklets, and videos are highlighted. Sites of local aquatic and land exercise programs specifically designed for those living with arthritis are listed. Examples of materials available include *Understanding your Pain*, and Fitness materials are examples.

Also take a look at www.nih.seniorhealth.gov an easy to use reliable source for all kinds of health information.

Help is available. Talk with your doctor. Seek out information. Participate in a **My Life, My Health* workshop.

Susan H. Brown RN, GLSS Community Education Nurse 781-586-8568 ext. 568

Re-Image your Life

Tired of being tired, anxious, or in pain? Unsure about how to best handle an ongoing health condition? Try something new. Join ***My Life, My Health*** workshop and discover fresh, practical ways to live better and healthier.

****My Life, My Health*** is a six week 2 ½ hour workshop for adults of any age who are living with the challenges of one or more persistent health conditions. Conditions such as diabetes, arthritis, high blood pressure and cancer are among the many health conditions that share common challenges. The workshops provide information and skills that will help you manage the challenges and add more enjoyment to your life. Share what you know and learn from others.

New workshop forming at Union Hospital

Beginning Friday May 11, 2012

1:30-4:00pm

Contact: Mary Carideo 781-586-8527 mcarideo@glss.net

*Sponsored by Greater Lynn Senior Services, Inc. in collaboration with North Shore Medical Center
Stanford University Chronic Disease Self-Management Program

I LOVE LUCY

L	M	K	E	I	T	D	C	T	L	Z	B	G	I	T	L	W	H
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ANNOUNCEMENTS!

Got Stories?

If you've lived in the **Highlands** and would like to be interviewed for a Mass Humanities film project, sign up at the senior center. Interviews could happen during the summer months at your convenience at the senior center.

To all our volunteers,

Without you, we wouldn't be able to run such a great senior center! Thank you for your giving ways of self, your time and your kindness. We depend on you for many tasks and sometimes you are the front line. We know this and appreciate you. You are part of our family. Please remember to make your efforts count; swipe your hours so we receive credit when reporting.

Free Portraits!

Artist, Irena Jankowska
 April 26th 12pm – 2pm
 15 minute appointment
 Copies available, Friday April 27th
 By 12 noon
 Reserve your sitting- call Kristi
 781-586-8618

Important Message:

Many people are receiving letters from the Social Security Office.

Social Security comes from the Federal Government and Supplemental Support comes from the State of Massachusetts. They are simply separating the payments and you will receive two checks. IF your social security letter states a smaller payment from Supplemental Support, this simply means that this small payment is the Federal Government's obligation to you and the rest of the payment in a separate check is the state's obligation to you. No income loss. This effective April 1st- nothing to do with April Fools.

Pool Club
 Every Tuesday
 1:30 pm
 Game Room
 Stop in!



Computer Classes

Lynn Senior Center - Computer Room, 1st Floor
8 Silsbee Street, Lynn / 781-586-8503

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:

Introductions to Computers & Windows XP (Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Introduction to the Internet (Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

11:15 p.m. – 12:15 p.m.

Cost: \$50.00

Computer Class Schedule:

Mondays: April 23rd, 30th,
 May 7th, 14th and 21st

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

Computer Room Hours of Operation:

Monday - Friday

Closed: Mondays and 3rd Fridays

8am-4pm

1pm-4pm

Acknowledgements

In loving memory of
Joseph White

~ Henrietta Wieczorek



DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$15
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

April 3rd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR TESTING

April 10th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

BLOOD PRESSURE

April 24th
8:00 am—9:30 am *Note time change*
Nurse available for any health questions.

PODIATRIST

April 19th and May 17th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

April 13th and April 27th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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